



# Bike helmets

Research shows that wearing a correctly fitted helmet can reduce the risk of head injury by up to 85% All helmets sold within Australia need to display an Australian Standards mark which means the helmet has been tested and approved. Remember, not all helmets meet this standard and you should check for the mark on the helmet before making your purchase.

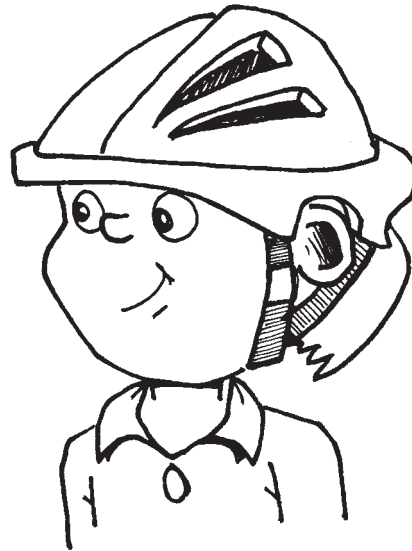


## How do I know what size helmet my child needs?

- Carefully measure your child's head using a tape measure. The tape measure should sit just above their eyes and ears.
- Check the helmet sizes listed on the display boxes. Find a helmet that best suits your child's head measurement.
- A helmet should fit the head snugly. A helmet that is too small will not protect the head adequately, so within reason purchase the next size helmet.
- Manufacturers provide pads that can be attached to the inside of the helmet. Use the thicker pads to get a snug fit, then, as your child grows, replace these with the thinner pads. If you find the pads do not give a snug fit, try another helmet design.

## Checking if the helmet fits

- Place the helmet on your child's head checking that it fits snugly – not too tight or too loose.
- Adjust the straps and do up the buckle.
- Place your palm under the front of the helmet and push up and back. It shouldn't move.
- Place your palm on the top of the helmet and try to move it side to side. It shouldn't move.



**For maximum protection the helmet must fit well. If a helmet is loose it will not give your child maximum protection.**

Thank you for playing a vital role in your child's road safety education.